

THREE MEAT CHILI A SUPER BOWL TO BEAT THE COLD

{page 18}

HEALING HOOVES WHERE HORSES DO THE WHISPERING

{page 22}

**BOMBSHELL** 

**CATTRALL FLIPS** THE HOURGLASS

DISH (page 16)

**OTTAWA** netr

Monday, January 31, 2011 www.metronews.ca



**News worth sharing** 



#### Paisley anything but Frozen Over

Brad Paisley's tour, which began in May of last year and has played to more than 750,000 fans, featured opening performances last night from former Hootie and the Blowfish frontman Darius Rucker and rising star Jerrod Niemann.

#### Smokin' joint has to go

Tidy solution creates mess for Manitoba high school (page 4)

#### Picking a pet over a partner

Think you are your partner's best friend? {page 17}

## Chanting support for Egyptians

Ottawa protesters share photos, videos through social media to show support • Violent crackdown on peaceful demonstrators must come to an end: MP Paul Dewar

Members of Ottawa's Egyptian community say showing their support publicly is the only way to deal with feelings of helplessness amid the violence in cities like Cairo and Alexandria.

"If they know that people around the world support them, they will be stronger," said 25-year-old Ehab Abdou. "People are happy and worried at the same time.

Abdou's voice was still hoarse yesterday from chanting outside the Egyptian Embassy Friday. He said the Ottawa protest organized through Facebook was a peaceful but energetic gathering.

Tonya Cattan, 22, said the Ottawa protest was calm — a contrast to what is going on Alexandria where her cousins

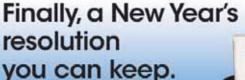
"They are given rifles from the army because they have to protect the neighbourhood," she said.

"There are no cops. Everybody has to protect themselves because no one will."

Although no new protests are planned yet, she said the Egypt Day 2011 event at the University of Ottawa this coming Friday will be a good chance to unite everyone during the difficult time. • JOE LOFARO



'Something good is happening. People are asking for their rights for the first time in years." EHAB ABDOU, EGYPTIAN-CANADIAN







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### **NEW YEAR, NEW BEGINNING!** FEBRUARY CLASSES

Paralegal Part time evening program now available!

#### **Program Objective**

Paralegal has become a regulated profession in Ontario as of May 1, 2007. To legally practice as an independent paralegal in Ontario, a person must be licensed by the Law Society of Upper

To obtain a license, a person must graduate from a program accredited by the Law Society, pass a licensing examination and be of good character. The Paralegal program of Algonquin Careers Academy is accredited by The Law Society of Upper Canada.

The objective of this program is to provide you with "hands-on" training in the key areas of paralegal work and to prepare you to successfully challenge the licensing exam. As a successful graduate you will have the knowledge and skills to enter into any Tribunal, Small Claims Court or Traffic Court, and be able to deal with every eventuality that may arise.

This 44 week diploma program includes an 4 week co-op placement.

#### Legal subject matter covered includes:

- Canadian Legal System
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- Evidence and the Litigation Process
- Torts and Contracts
- Employment Law
- Criminal Summary Conviction Procedure
- Provincial Offences/ Motor Vehicle Law
- Dispute Resolution and Mediation
- Advocacy and Moot Court
- Tribunal Practice and Procedure
- Immigration Law
- Residential Landlord and Tenant Law
- Ethics and Professional Responsibility



#### Pharmacy Technician Afternoon Class Starts in February!

#### **Program Objective**

The Health Systems Improvement Act, 2007 enables the regulation of Pharmacy Technicians in Ontario. In order to practice as a Pharmacy Technician, a person must be registered with the Ontario College of Pharmacists.

Registration requirements will require a person to graduate from a program that has been accredited by the Canadian Council for Accreditation of Pharmacy Programs (CCAPP).

The Pharmacy Technician program of Algonquin Careers Academy is accredited by CCAPP,

The Pharmacy Technician diploma program is designed to prepare you for a challenging career in a Community/Retail Pharmacy, Hospital Pharmacy, Manufacturing Facility or Long-Term Care Facility.

This 40 week diploma program includes an 8 week co-op placement.

#### Pharmacy subject matter covered includes:

- Pharmacy Fundamentals
- Pharmacy Math
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This program is designed to prepare you to plan, market, and deliver safe and effective fitness, wellness and healthy lifestyle programs. You will develop current, practical knowledge and skills in such areas as the development, implementation and evaluation of fitness and wellness programs, health promotion, lifestyle management, fitness assessments, leadership, safety and injury management.

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This is a 33 week program.

#### Travel Counsellor Online

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Professional Mixed Martial Arts finds its way into Ontario

Following the Ontario government's decision to allow professional Mixed Martial Arts (MMA) prizefights, event promoter and Wreck MMA president Nick Castiglia said yesterday his organization will hold an event at the Ottawa Congress Centre Sept. 24. Castiglia said he would like to hold an earlier event in the capital but said Ontario's newly formed MMA regulatory commission is working through a flood of demand for MMA events.

## 'Good report card' for city's services

Ottawa scores well overall, with low rate of rural residential fires, high transit use, high-quality drinking water Poorer marks in rate of crime clearance, solid waste diversion, city-managed parking



Ottawa's clearance rate for crimes continues to lag that of other Ontario cities, according to a new report comparing municipalities' service delivery.

The City of Ottawa accentuated the positive Friday in a news release about 2009 Performance Benchmarking Report, released last week by the Ontario Municipal Benchmarking Initiative (OMBI). The report compared the most recently available data on 27 services in 15 Ontario municipalities for the years 2007, 2008 and 2009.

"The OMBI report is an important tool that allows council, staff and residents to identify the city's strengths and weaknesses, said Mayor Jim Watson.

"While there is always room for improvement, by and large this is a good report card.'

Among the results touted by the city was our low violent crime rate, 647.5 incidents per 100,000 population, 31 per cent below the median.

Not mentioned was Ottawa's clearance rate for these crimes, which continued to lag the provincial

"There are always areas where Ottawa is doing well and areas where improvement can be made."

KENT KIRKPATRICK, CITY MANAGER

median of 75 per cent at 66 per cent in 2009, an improvement from 60 per

cent in 2007. The report also indicated Ottawa needs to increase the amount of solid waste diverted from land-

The city noted, though, that 2009's 33 per cent diversion rate improved to 42 per cent last year thanks to the green bin program, and work continues on other areas in which the city falls below the median

#### **Transit commission** gets peer review

Ottawa's newly minted transit commission will get its first look at a "peer review" from the American Public Transportation Association today. The reports are expected to provide crucial insights into how the city will meet budget tar-

The review, requested by the city last year, is expected to offer suggestions on ways to run the transit system more efficiently and will likely provide insight into the dispute between management and drivers over scheduling and overtime. @ METRO

#### **New chair** a heart surgeon

Dr. Wilbert Keon, the prominent heart surgeon and retired Conservative senator, has been nominated as the new chair of the Champlain Local Health Integration Net-

@ STEVE COLLINS

#### **Volunteers raise** over \$180,000

Lacing up their walking shoes, 445 volunteers helped the Alzheimer Society of Ottawa and Renfrew County top its fundraising goal by more than \$6,000 vesterday, by collecting a whopping \$186,586 in donations in the Walk for Memories

Proceeds of the walkathon at the Carleton University Field house provide support, education, and research to help the 13,000 people in the Ottawa and Renfrew region struggling with the





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PILOT PROJECT PUT OUT

#### School removes **smoking** shelter

A smoking shelter built as part of a pilot program at a Manitoba high school has been removed following an investigation by the province's education minister.

Despite a 2008 ban

on smoking on school property, the project was suggested as a way to deal with loitering in front of the school.

"This came as a complete and total surprise that this was even occurring and this socalled structure was being put up," Education Minister Nancy Allan said earlier this month.

Randy Hildebrand, the chairman of the Hanover School Division, said the board is disappointed the shelter had to come down. THE CANADIAN PRESS

#### Southern **Sudan votes** to secede

More than 99 per cent of voters in the Southern Sudan opted to secede from the country's north in a peaceful vote held earlier this month.

The announcement drew cheers from thousands in Juba, the dusty capital of what may become the world's newest country.

THE ASSOCIATED PRESS

#### **Hundreds** pray for Mandela

Hundreds gathered at Regina Mundi church, a former centre of antiapartheid protests and funerals, for former South African president Nelson Mandela.

Mandela was released from the hospital earlier this week after being treated for an acute respiratory tract infection

THE ASSOCIATED PRESS

## **U.S.** won't halt aid for Haiti despite deadlock



Riots broke out after disputed preliminary election results

The U.S. has no plans to halt aid to earthquake-ravaged Haiti in spite of an election crisis but does insist that the president's chosen successor dropped from the race, Secretary of State Hillary Clinton said yester-

Only two candidates can go on to the delayed second round, now scheduled for March 20 The U.S. is backing an Organization of American States recommendation that the candidate from Rene Preval's party, government construction official Jude Celestin, should be left out.

The top U.S. official at the UN, Susan Rice, said recently "sustained sup-port" from the U.S. required the OAS recommendations be implemented. Many Haitian

"One of the ways we want to help them is by making sure that their political choices are respected." U.S. SECRETARY OF STATE HILLARY CLINTON

officials, including leaders of Preval's Unity party and rival candidate Michel Martelly, interpreted that to mean the U.S. was threatening an embargo

and cutting off aid.
Clinton flatly rebuffed that suggestion: "We're not talking about any of that," she said yesterday. Asked if there were any

set of circumstances that would prompt Washington to cut off aid, Clinton said, "At this point, no." THE ASSOCIATED PRESS

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- The Office Dwight Schrute sings about Canada
- Iggy Investigates an iPad
- McNugget Rampage
- Don't Arque With an Ibex
- **Bigfoot and Timmy Peeler**
- Vulture: Betty Draper's Guide to Parenting

To see more Top 10's of 2010, visit metronews.ca/top10

metr⊕



## **Egypt's military** moves to take control of Cairo

Military has been generally welcomed unlike widely despised police Noted advocate calls for change

Egypt's most prominent reform advocate called yesterday for President Hosni Mubarak to resign after the powerful military stepped up its presence across the anarchic capital, closing roads with tanks and sending F-16 fighter jets streaking over downtown.

The army's show of force appeared aimed at quelling looting, armed robbery and arson that broke out alongside pro-democracy protests and have turned the cultural heart of the Arab world into a tableau of once-unimaginable scenes of chaos.

The military made no at-

tempt to disperse some 5,000 protesters gathered at Tahrir Square, a plaza in the heart of downtown that protesters have occupied since Friday afternoon. They have violated the cur-few to call for the ouster of President Hosni Mubarak's regime, which they blame for poverty, unemployment, widespread corruption and police brutality.

Nobel Peace laureate
Mohamed ElBaradei ap-

peared in the square around 7 p.m.

"You are the owners of this revolution. You are the future," he told the cheering crowd.

THE ASSOCIATED PRESS

#### Crisis continues

- Banks were closed on orders from Egypt's Central Bank, and the country's stock market was shut on what is normally the first day of the trading week.
- An unprecedented Internet cutoff remained in place for a third day. Gangs of armed men
- attacked at least four jails across Egypt before dawn, helping to free hundreds of Muslim militants and thousands of other inmates.
- The official death toll from five days of growing crisis stood at 74, with thousands iniured.

#### CHARTER FLIGHTS

#### Feds to fly **Canadians** out of Egypt

Canada has put a plan in motion to evacuate its citizens from Egypt as anti-government protests continue to rock the North African country.

Foreign Affairs Minister Lawrence Cannon says charter flights will begin to fly Canadians out of the country today.

He says those who chose to get on those

flights will be taken to locations in Europe and will be expected to make their own arrangements for onward travel.

The stranded Canadians will also have to repay the government for the price of the chartered flights.

Cannon says there have been no reports of Canadians injured or killed in the Egyptian demonstrations which are now in their sixth day. But he says Canada is now recommending that citizens leave Egypt.

THE CANADIAN PRESS

#### Mom accused of murder back in iail

A Florida woman accused of killing her teenage son and daughter was released from a hospital late yesterday morning and taken back to jail.

Julie Powers Schenecker. 50. had been receiving treatment for an unknown medical condition that existed before her arrest Friday. She is scheduled to make her first court appearance to-

THE ASSOCIATED PRESS

SOURCE: Metro Life Panel Survey, January 2011, 216 respondents

## Death toll from train crash may rise: Officials

• Most of the dead killed on impact, say German police • Cause of tragedy still unclear • Both trains caught fire

German authorities say the death toll could still rise from a head-on collision between a cargo train and a passenger train that killed at least 10 people, injured 23 others and left wreckage scattered across a frost-covered field

The trains crashed in heavy fog late Saturday on a single-line track near the eastern German village of Hordorf, close to Saxony-Anhalt's state capital Magdeburg, vaulting the passenger train from the track and tipping it onto its

The front rows of the



passenger compartment were crushed and several seats lay outside the

"The crash was so strong that the passenger train was catapulted off the tracks," Armin Friedrich, the police officer in charge of the rescue efforts, said at a news conference in Hordorf, about 200 kilometres southwest of Berlin, Germany's capital.

Nearly 200 police and rescue workers were sent to the crash site. It's one of the worst train accidents in Germany's history.

In 2006, 23 people were killed in a train accident in Emsland in northern Germany and 101 people died in 1998, when a high-speed train derailed near Eschede in Lower-Saxony.

THE ASSOCIATED PRESS



#### China ramps up for mass migration

Transportation officials in China say Lunar New Year holiday travel has been generally smooth ahead of the biggest travel days of the year. About 230 million people, more than the entire population of Brazil, are expected to take part in the world's biggest annual human migration. For many, it's the only chance they get to visit home all year. The Lunar New Year falls on Thursday.

#### Mother charged with assault

A Barrie, Ont, mother is accused of inappropriately punishing her nine-yearold by using a scrub pad on the child's hands.

The 49-vear-old mother of two was charged with assault causing bodily harm. THE CANADIAN PRESS

#### **Outlawed** leader returns

Rachid Ghanouchi, leader of the Tunisian Islamist party Ennahdha, returned home yesterday after two decades in exile. President Zine El Abidine Ben Ali was ousted by violent protests two weeks ago.

THE ASSOCIATED PRESS

#### **Election** fever to rise, say analysts

Expect ballot-box fever to climb today when MPs return to Ottawa from their Christmas break. With the economy uppermost in voters' minds, analysts point out this might persuade Stephen Harper to call an election. THE CANADIAN PRESS



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#### Legal beef is bull: Taco Bell

The fast-food giant has launched an ad campaign to counter a lawsuit charging its taco filling isn't beef.

#### **RESEARCH STUDY DO YOU HAVE ARTHRITIS? ARE YOU EMPLOYED?**

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## Oil, gold surge in wake of Egypt unrest

Mideast, jobs, corporate results in spotlight this week Analysts hope for job bounce from stimulus measures

Geopolitical concerns, corporate earnings and most particularly the latest reading on U.S. job creation will set the tone for stock markets this week.

Investors will be keeping a close watch on commodity prices, which surged on Friday after unrest in Egypt threatened to spread across the Mid-dle East. Traders ended last week by piling into resource stocks, oil and gold futures and other traditional safe havens.

Meanwhile, employ-ment reports for Canada and the U.S. come out on Friday and hopes are high that the data will show job creation is still on track.

#### Eye on earnings

- Geopolitical uncertainty going into the weekend sent oil surging almost \$4 US and gold up just under \$22 US.
- Investors will look to corporate earnings this week, as Imperial Oil releases results today and Suncor Energy reports on Wednesday.
- The market consensus for year-over-year earnings growth is more than 20 per cent. Mackenzie Financial's Norman Raschkowan says.

"I think in order for confidence to come back ... you really need to see improvements in the employ-ment picture," said Raschkowan, Norman North American strategist Mackenzie Financial

Expectations for January are relatively modest at about 150,000 new jobs in the U.S.

As for Canada, Michael Gregory, senior economist at BMO Capital Markets, expects to see more of the same kind of job creation sustained over the past few months.

"We've seen job growth bounce around between 10,000 and 20,000 per month, which is not bad." he said. THE CANADIAN PRESS

#### Landmark dairy to

Copper Cliff Dairy of Sudbury, Ont., will shut down this weekend after 75 years of operation, putting some 30 people out of work. A spokesman for owner Agropur said the company will continue to operate a warehousing, distribution and sales centre in Sudbury. The canadian press





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### WHO'S IN CHARGE HERE? ASK THE OMB

# Urban Compass STEVE COLLINS

Ottawa's homebuilding Taggart family had two important bits of business in town last week. The friendlier of the two was a record \$2-million donation to the YMCA-YWCA, for which the downtown Y will be renamed the Taggart Family Y.

he second was at city hall, where council decided to stick to a modest expansion of the urban boundary, freeing up 230 hectares of land for new suburban development.

The Taggart group of companies, which includes Tartan Homes and Doran Contractors, is among a group of developers appealing to the Ontario Municipal Board to redraw the boundary, in hopes of getting 2,000 or more hectares for new subdivisions.

The city's reasons for holding

the line are many. Unchecked suburban development drives up taxes as we struggle to service the far-flung new

neighbourhoods. It also increases pollution and traffic congestion as new long-distance com-

muters join the daily crush.

Mayor Jim Watson took a keen interest in the decision, lobbying councillors and sitting in on last week's planning committee meeting before the matter came to council. He casts the urban boundary fight as a question of who sets the agenda for growth — elected officials or real estate developers. The answer will come from five weeks of OMB hearings starting Feb. 22.

The OMB, a body of provincial appointees, has a reputation for overturning municipal decisions in favour of developers. This may or may not be deserved, but I can think of few

recent victories there for Ottawa or Ontario municipalities in gen-

City lawyers, in response to a question from Coun. Keith Egli, estimated Ottawa's chances of beating this appeal at roughly 70 per cent, though they were

understandably reluctant to make the prediction. What does seem fairly certain is that the process will be expensive, with an estimated bill of up to \$400,000 for legal work and expert testimony, win or lose.

Surprises can happen on costs, too. In 2008, council rejected a massive 1,400-home development by Minto Communities, which will double the size of the village. Minto appealed to the OMB and won. The city, after spending \$637,000 in its unsuccessful defence, found itself potentially on the hook for Minto's costs — a whopping \$1,470,000.

Last week, the OMB rejected

Last week, the OMB rejected Minto's application for costs, but is it any wonder, when developers can spend more than twice what the city does, that they tend to prevail at these hearings?

#### Cartoon

#### PARLIAMENT RESUMES



### Small-screen favourites

#### Letters & Tweets

We asked: What's your favourite TV sitcom?

@trudi\_e: Maude. It even had an awesome song.
@MissPeachyBum: My favourite TV by far has to be The Big Bang Theory.
Finally, a show for people like me!

@rorylallin: the first 10 years of the simpsons is the greatest sitcom of all time.

@dwjones83: would i be looked at funny if i said Family Matters? lol. @benjamin\_esau: Oh, The Big Bang Theory for sure. Finally, a show I can relate

**@Projectwitz:** Episodes on showtime has quickly become my current favourite.

#### No flipping

"Mavor Jim

**Watson took** 

a keen interest

in the decision,

lobbying

councillors ..."



@dukesterHFX: my

favourite sitcom had to be Gilligan's Island.

@mikeatqazam: there are a lot of good sitcoms but my fave is Cougartown. Great actors, great writing, and Courteney Cox is a comic genius.

**@crestsofwaves:** Everybody Loves Raymond, 8 Simple Rules.

@glorified\_gv: Cosby.

Cheers. Arrested Dev. Seinfeld. Seen every ep. Night Court ... maybe? @velvetdress4U: Man hands. Low talker. Of course it's Seinfeld!

@JulesMBurke: Modern Family is my fav sitcom!! @pennyroyal00: Favourite sitcom is Reba.

**@jla30:** Definitely has to be Friends. I still love watching the reruns.

What is the funniest Twitter feed you follow? Email ottawaletters @metronews.ca Twitter @metroottawa

Metro has the right to edit letters and submissions.

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## Metro Minute at Take Notice exhibit

See vintage images in a whole new context at Take Notice, an exhibition of works by Paul Roorda at the City Hall Art Gallery.

The Kitchener-Waterloo artist takes photos from mid-20th-century encyclopedias and mounts them on utility poles and other surfaces in public places for his unsuspecting audience with the enigmatic

caption "Take Notice."

These and other works, including a series of altered Polaroid photos of sky scenes, have moved indoors, but are still posted to the walls with weathered, rusty nails.

The exhibit opened at city hall Thursday and is in town until April 3. Admission is free.

METRO





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#### Does it Work?

The treatment is extremely effective, especially for chronic problems. Everyone responds differently. However, generally patients notice a difference within a few treatments.

#### What do I do next?

Come in for an initial consultation or assessment. Any previous MRI, CT, x-ray reports would be helpful. If it is determined spinal decompression can help you, you will be given your recommendations for care. You can then decide when and if you would like to start care. There are no obligations.

We now offer DNA Testing (Over 70 diseases tested!!)

I had numbness/pain in my lower back, feet, legs, and hips. I had tried chiropractic treatments with no results. I also tried different massage therapy and finally saw the CDPC ad and came in for a consultation. The doctor took his time in explaining the treatments and results I could expect based on my specific condition. After 10 treatments, I feel 85% relief. The prices are reasonable, and the treatments are pain/drug free. I would certainly recommend this treatment to anyone.

- Stanley Simmons

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# scene

Facebook co-founder

Mark Zuckerberg and

doppelganger Jesse

Eisenberg, pictured,

made friends on Sat-

urday Night Live.

Zuckerberg joined

host Eisenberg for the opening monologue

of the show Saturday.

The two said they had

never met, despite

Eisenberg playing

Zuckerberg in the

widely hailed Oscarnominated film.

Eisenberg told Zucker-

berg that he liked him

on 60 Minutes and

then asked if he had

seen The Social Net-

work. Zuckerberg,

who has called the

responded that he

had seen the film and

that it was "interest-

THE ASSOCIATED PRESS

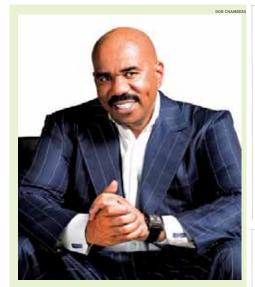
film inaccurate,

his The Social

Network

## The bestsellers' advice

Detween them they have sold millions of self-help books So we asked the biggest names for all the answers • Choose the voice that suits you best and then follow-up with one of their books



The comedian/relationship guru sold millions of his first book, Act Like a Lady

### **STEVE** HARVEY

Straight Talk,

How can I be happy?

You should never look for a person to make you happy. No one can make you happy first. No one can take you

from a miserable state of being, and make you happy. If you are

waiting for someone to make you happy you are going to be disappointed.

You should merely be finding someone that completes you or compliments you. See, if you focus on your own personal happiness, your own personal growth then you yourself become happy. Finding happiness then is not as much of a challenge for you.

I think one of the best ways to do this is to revert to the oldfashion way of commu-

nicating.
Reduce your use of emails and texting to

your significant other. Get back to talking, by leaving voice messages. That clears up a lot of confusion because texting/email-

ing has no emotion

All you can do is put a smiley face with it, or capitalize the message, and often times those things can be taken wrong.

You've got to get back to some basic ways of communicating, especially face-

#### What could the world at large do, collectively, to make the planet a better place?

to-face meetings

There is only one answer for that. If everybody had a wonderful relationship with their creator, their God, it would make everything better.

I unfortunately don't think that is ever going to happen, but that is the only solution I

LEO BABAUTA
THE CREATOR OF ZEN HABITS, A BLOG WITH 200,000 VISITORS, BABAUTA URGES READERS TO SIMPLIFY THEIR LIVES. HIS LAT-EST BOOK, FOCUS, IS "ABOUT FINDING SIMPLICITY IN THIS AGE OF DISTRACTION." THERE'S A FREE VERSION AVAILABLE AT FOCUSMANIFESTO.COM.

#### I'm busy but also always seem to have time to goof off online. So how do I free myself from distraction?

Create space in your life. Cancel a few commitments, add space into vour schedule, get rid of some to-do items and focus on fewer projects. Make space to breathe, to reflect, to find solitude, to

create. It's one of the most important things you can

What can the world at large do, collectively, to free itself? Promote minimalism. It's not a life where you live with as little as possible. It's a life where the focus isn't on consuming and spending, but on connect-



ing with others creating, enriching your life and the lives of others It's also a life where we consume less and have less of an impact on the Earth.

#### TIMOTHY FERRISS

LAUGH ALL YOU WANT AT HIS BOOK TITLES: THE 4-HOUR WORKWEEK: ESCAPE 9-5, LIVE ANYWHERE, AND JOIN THE NEW RICH AND THE 4-HOUR BODY: AN UNCOMMON GUIDE TO RAPID FAT-LOSS, INCREDIBLE SEX, AND BECOMING SUPERHUMAN. FERRISS HAS A HUGE FOLLOWING (AND A SIX PACK).

#### How can I find time to focus on happiness?

Experiment with a lowcost virtual assistant (VA). What would you do if you have three-day weekends for the rest of your life? If you can save just eight hours per week with a VA, that's effectively what you've done. If you make \$50,000 per year, you

make approximately \$25/hour, assuming two weeks of vacation annually. Just cut the last three zeroes off of your income and halve the remaining number to estimate your hourly income.

If you find someone for \$5 per hour, that is a minimum 400 per cent returnon-investment, not to



mention your newfound free time. Time is your most valuable, non-renewable resource. Check out tryasksunday.com or elance.com for options.

#### MARIANNE WILLIAMSON ANOTHER OF OPRAH'S FAVOURITE THINGS IS A COURSE IN

WEIGHT LOSS, BY WILLIAMSON, WHICH LOOKS AT THE PSYCHOL-OGY BEHIND WHY WE EAT, WITH A DOSE OF GOD AND MIRACLES. IT'S THE NO. 1 BOOK IN AMAZON'S SELF-HELP DEPARTMENT.

#### In the book, you sound blissfully happy. Where can I get some of that?

The best thing you can do to find happiness — the best thing you can do to find anything, really — is to give it away. Happiness isn't something that happens to you; it's a mental decision that someone has to make. If you're looking for something to be happy about, you can usually find it. If you try to bring a smile to others. then you'll end up smiling yourself. But if you expect the world to make you happy, then that usually won't work



no world outside your consciousness.

#### MARK NEPO

OPRAH NAMED HIS THE BOOK OF AWAKENING ONE OF HER FAVOURITE THINGS, INSPIRED BY THE CANCER-SURVIVOR'S INTIMATE TALES OF PERSEVERANCE AND GRIEF. HIS POETRY CAN BE FOUND AT MARKNEPO.COM.

#### You write a lot about connecting with others. How can we connect more?

I can only ask we treat each day and moment as new, slow and open our attention until our hearts and minds are refreshed with a celebration of how rare it is to be alive. I have found that happiness

depends on leaning into life with an acceptance in working with what we're given. While our understandable fear of loss and suffering isolates us, it is the experience of loss and suffering that joins us. It is this brave and tender openness of heart that can, hand by



by heart, make the world a better place.



## Dexter's killer year

#### Now cancer-free, TV star shares sociopathic humour



After five seasons and countless victims, Michael C. Hall has gotten used to playing serial killer-killing serial killer Dexter Morgan on Dexter.

And after the announcement a year ago he was undergoing treatment for lymphoma, Hall is getting used to being cancer-free. He spoke with Metro about keeping secret his health problems, playing a so-ciopath and why the death dismemberment of Dexter doesn't bother him.

#### Your cancer is fully in remission, but is it true you didn't tell anyone on the show about it at first?

I found out about it probably while we were shooting the 10th of 12 episodes the fourth season. Everybody is exhausted at that point, so if I seemed tired, I don't seemed suspicious.

I wanted to get as much information possible and make as many decisions as possible before I let anyone know about it just so that when I let them know, I could tell them as much as I could and answer as quesmany as they tions would inevitably have. thought I would keep it quiet because coincided with the hiabetus. But cause I had

personal some appearances, I knew people would ask questions about my eye-

No. I do my best -

Is it fair to say Dexter doesn't feel emotions?

I think we're meant to be suspicious of Dexter's claim

at the beginning that he doesn't have the capacity for

#### Do you see him as a villain or a hero?

spite of the fact there's a

sort of magical fantastical element to the show and to the world of the show — to see him as a person.

Did you ever consider yourself a squeamish person, and has that changed?

Not really, no. If we had real severed body parts, I would lose my lunch as soon as any body. But if I

know it's fake, I can really appreciate how much I can endow it with reality.



When you watch the show yourself, are you critical or can you enjoy it?

What kind of attention do you get from people in public?

I certainly am recognized

quite a bit, but people are very sane. You know, some people say, "If you run out of people to kill, I have... (laughs) — and I stop them. I don't want to know. And you don't want to tell me, not that I'm going to kill them. Just don't go there.





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## Sundance jury loves film's star Like Crazy

Felicity Jones snares actor prize, in young lover role
 Another Earth creators gush over 'greatest week'

A film about young lovers in a long-distance relationship called Like Crazy was awarded the grand jury prize for a U.S. drama at the 2011 Sundance Film Festival. Its star, Felicity Jones, also received a special jury prize for acting in the movie.

America Ferrera presented the acting award to Jones, who was not in attendance at the Saturday night ceremony, saying "the 2011 Sundance Film Festival will go down as the year of the actress."

the year of the actress."
Peter D. Richardson's film How to die in Oregon won the grand jury U.S. documentary prize.

It follows terminally ill patients living in Oregon, the first state to legalize physician-assisted suicide.

Also recognized were Mike Cahill and Brit Marling's sci-fi film Another Earth, which won a dramatic special jury prize and the Alfred P. Sloan award. Cahill, who directed and co-wrote the movie, said "this is the greatest week of our lives." The film is about two strangers brought together the night before the discovery of a dupli-



cate Earth.

HOLLYWOOD

The Festival's Awards Ceremony was hosted by actor Tim Blake Nelson, who appears in the comedic bank heist film Flypaper, which premiered The Sundance Film Festival enters its third decade. Founded by actor Robert Redford, it was created to promote independent films.

at Sundance.

Nelson told the audience, "If you win a prize today, that's fantastic. Congratulations.

"But if you don't, persevere because if you have made it this far, trust me, your film will find a home."

THE ASSOCIATED PRESS

#### King's Speech wins glory

Tom Hooper pulled off an upset win Saturday for the top film honour at the Directors Guild of America Awards for his British monarchy tale The King's Speech.

Hooper won out over David Fincher for The Social Network, who had

been considered the favourite for Hollywood's main directing prizes, including the Academy Award on Feb. 27. The guild win for Hooper sets up a showdown between him and Fincher at the Oscars, where The King's Speech leads with 12 nominations. The film relates the struggles of Queen Elizabeth II's father, King George VI, to overcome a debilitating stammer as he took the throne in the years leading to World War II. THE ASSOCIATED PRESS



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## Charlie Sheen checks himself into rehab

• Follows hospital stay for 'abdominal trouble' But actor says: 'I'm fine'

After allegedly enjoying a drug-fuelled, weeklong party that ended with him in the hospital for "abdomtrouble," Charlie Sheen checked himself into rehab over the weekend, putting production for his hit sitcom, Two and a Half Men, on hiatus, according to Radar Online.

"Charlie Sheen has voluntarily entered an undisrehabilitation centre," his rep said in a statement.

But Sheen himself thinks everyone needs to relax. "I'm fine," Sheen reportedly said in a text message to the website. "People don't seem to get it. Guy can't have a great time and do his job also?"





## Lisa Marie Presley did not collapse from dieting: Rep

Lisa Marie Presley's rep is slamming a report by the National Enquirer that Presley collapsed from too much dieting.

"It is absolutely and

completely untrue," her rep says. "The Enquirer puts Lisa

on the cover every few months with manipulated photos and horrendous

613.225.1300

stories of supposed 'melt-downs,' and has since she can remember. She is happy and healthy and working hard.

#### Talking points

#### Mel Gibson's 'pirated' DVD

PETTY THEFT. A DVD of Mel Gibson's new, unreleased movie. The Beaver, was stolen from his mailbox before it could be returned to the studio, according to the Hollywood Reporter. "When the courier

came to pick it up, it wasn't there," a police spokesman says. "Apparently someone prior to the courier took it out of the mailbox and made off with it."

But the police aren't exactly starting a task force to track down the culprit. "It's a \$10 DVD. We're treating it as a petty theft at this point, says the police official. "It's a misdemeanor. It's considered a minor crime." • METRO

#### **Kim Cattrall's** fitness secrets

STAYING IN SHAPE. Kim Cattrall admits that staying in shape gets harder as she gets older. But the 54-year-old actress admits daily exercise and drinking lots of water have served her well.

been dieting my

#### **Celebrity tweets**



Cameron [@Jim Cameron1 | never tweet-

ed before because I'm a long winded blowhard, and they don't allow enough characters.



Leonardo DiCaprio [ALeo DiCaprio] Start shoot-

ing J. Edgar Hoover story on Feb. 5th, look forward to working on more eco projects this year too.



Jerry Bruckheimer [ A Bruck heimerJB]

Billboards all over LA for The Beatles on iTunes time to update the office playlist



Tom Arnold [ATom Arnold] Loved Black

Swan although it could have been funnier...

whole life because I have a tremendous appetite," she tells People magazine. "It gets harder because parts of my body don't want to be on a diet, but at the same time it gets





OR SHERRING OF TERRIPE THESE







● Although 84 per cent of current pet owners say they would pick their spouse over their pet, 14 per cent say their significant other would have to go if the choice had to be made







▶ The Rosenthal family with their dogs Leo and Roxy. The family had to make the decision to give up their other dog Princess, who kept escaping from the backyard. Fifty-seven per cent of adults have had to give up a pet at some point in their lives.

## Would you choose your loved one or pet?

Your sweetheart or your furry friend. If it came right down to it, who would you choose to dump if one had to go?

Most current pet owners said they would hold on to their significant other (84 per cent), but a sizable 14 per cent picked their pet, "I couldn't give up

#### "I couldn't give up my son, so that was it."

CHRISTOPHER J. HAMPTON, 67, ON GIVING UP A DOG HE HAD RAISED FROM A PUP WHEN HE DISCOVERED IT AFFECTED HIS SON'S ASTHMA according to an AP-Pet-side.com poll.

The poll revealed that those who were unmarried were more apt to choose their pet over their mate—25 per cent among unmarried pet owners versus eight per cent among the married.

Count Fidel Martinez from Akron, Ohio, as forever loyal to Killer. That's his mix-breed rescue dog.

"I would absolutely give up my girlfriend for him," Martinez said. "I know it sounds insane but I've had numerous relationships with women. My dog has never let me down."

Women are more apt than men to say the human-pet choice would be tough (40 per cent among women compared with 26 per cent among men).

Both genders were equally likely to go with their spouse or significant other, according to the poll conducted by GfK Roper Public Affairs and Corporate Communications.

Giving up a pet for any reason can be really tough

— unless you are the owners of Princess the canine escape artist.

David Rosenthal and his family in Missouri City, Tex., were ready with what they considered an ideal fenced backyard when they welcomed the two-year-old American Eskimo from a shelter. Then things went left

"She kept getting away," he said. "It would usually take about an hour or so to corral her."

Even worse, the 49-yearold Rosenthal discovered the hard way that the bushy sago palm plants in the backyard were poisonous to dogs. Princess sampled them and nearly died.

"Plus, she was nipping at kids," said Rosenthal. So off Princess went, back to the shelter. "It was sad but we knew there was already somebody there to adopt her." The Rosenthals now have two other dogs.

About six in 10 adults (57 per cent) have had to give up a pet at some point in their lives.

THE ASSOCIATED PRESS



#### A milestone



Next year is the 50th anniversary of the first Berenstain Bears book. The gentle stories are inspired by the Berenstain family — first from the children and now the grandchildren.

the grandchildren.
Stan and Jan
Berenstain created
hundreds of books
until Stan Berenstain's death in
2005. Their son
Mike collaborates
with his mother on
new books.

THE ASSOCIATED PRESS







DAILY DEALS on the best 90% off

## The quintessential winter dish

#### • Chili is the ideal comfort food to serve for lunch or dinner when the thermometer dips into freezing range

This All-or-Nothing chili is worthy of serving on a freezing day or at a Super Bowl party.

The chili starts with an intense base of toasted seasonings, some classics, some not — cumin, cinnamon, cayenne, smoked paprika, instant coffee, mustard powder, ginger and garlic powder. From there, you build up. First, with some oil and onion then fresh garlic.

Once you have some serious flavour going, it's time to turn to the star the meat. But why settle for just one? This recipe combines chopped flank steak, shredded pork ten-derloin and, for good measure, ground buffalo.

Once the meat starts to brown, in go the canned tomatoes, liquid smoke, a bit of beef broth, a beer and a couple rinds from Parmesan cheese.

That last one isn't an essential ingredient, and it really only works if you happen to have rinds kicking around the refrigerator. But if you do have some, letting them simmer in the chili effortlessly adds an incredible rich, savoury flavour.

#### **Preparation:**

- In a food processor, combine pork tenderloin and flank steak. Pulse until chopped but not ground. Set aside
- In a large, dry stockpot over medium heat, combine cumin, cinnamon. cayenne, paprika, chili powder, coffee powder, mustard, ginger and garlic powder. Toast seasonings, stirring constantly, until fragrant. Transfer seasonings to small bowl and set aside.
- Return stocknot to burner over medium-high.

Add oil and heat, then add onion. Sauté until onion is just tender, 3 to 4 minutes. Add garlic and sauté for another

- Add chopped pork tenderloin, flank steak and ground buffalo. Cook until meat begins to brown, 6 to 8 minutes.
- Add reserved spice blend, beer, both cans of tomatoes, beef broth, liquid smoke and Parmesan rinds, if using. Bring to a simmer, then reduce heat to maintain a gentle bubble. Cover and cook, stirring occasionally, for 30 minutes.
- Spoon out and discard Parmesan rinds. Stir in lime juice and hot sauce, then season with salt and pepper. Serve topped with sour cream and cilantro

THE ASSOCIATED PRESS



#### **Ingredients:**

- 750 g (1 1/2 lb) pork tenderloin, cut into 2.5-cm (1inch) chunks
- 750 g (1 1/2 lb) flank steak, cut into 1-cm (1/2-inch)
- 10 ml (2 tsp) cumin
- 5 ml (1 tsp) cinnamon 2 ml (1/2 tsp) cayenne pep-
- 10 ml (2 tsp) smoked paprika
- 15 ml (1 tbsp) chili powder • 15 ml (1 tbsp) instant cof-
- 5 ml (1 tsp) mustard pow-
- 2 ml (1/2 tsp) ground gin-
- 5 ml (1 tsp) garlic powder
- 30 ml (2 tbsp) canol oil
- 2 yellow onions, diced
- 4 cloves garlic, minced
- 500 g (1 lb) ground buffalo
- 1 bottle (341 ml/12 oz) Corona or other pale beer
- 1 can (796 ml/28 oz) diced tomatoes
- 1 can (398 ml/14 oz)
- crushed tomatoes
- 250 ml (1 cup) beef broth • 5 ml (1 tsp) liquid smoke
- Rinds from chunks of
- Parmesan cheese (optional)
- 30 ml (2 tbsp) lime juice
- 2 ml (1/2 tsp) hot sauce (more or less to taste)
- Salt and ground pepper
- Sour cream, to serve
- · Chopped fresh cilantro



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Funding for these information sessions is provided by the Government of Canada. Ces séances d'information sont financées par le gouvernement du Canada.



### Forget sacrifice, try on innovation

#### • Author of the Lazy Environmentalist offers his tips

PROBLEM: I'm all for the environment, but don't like it when people get so strict

**SOLUTION:** Me too. All that gloom-and-doom and mor-alizing about polar bears doesn't change people's behaviour. It's time we start talking about how green issues can help people get what they want. Like the time I had my reusable FilterForGood water bottle with me on the subway and this hot chick was so impressed that she gave me her phone number and told me to call her for a date. Speaking of water, check out my campaign on filterforgood.com.

PROBLEM: Thinking about the environment makes me feel

SOLUTION: Here's my philosophy: If the green choices require me to sac-



rifice, I just don't make them. My sole mission in life is not to reduce my eco-impact to zero. I have other priorities, like you too. With that said, I'm typing this article on one of the most energy efficient laptops available (see epeat.net); I'm dressed in stylish clothing made

from recycled materials (see nau.com, which ships worldwide); and I'm wearing high-performance boots from Timberland made with eco-friendly materials. Green is not about sacrifice — it's about embracing innova-

PROBLEM: I'm into being green, but I already recycle, turn off the water when brushing my teeth, etc. What's next?

SOLUTION: All sorts of amazing choices. In many countries, you can get solar panels for your home through a zero-money down lease. There are websites that will pay you to recycle your unwanted electrical goods. And other sites help you rent or borrow almost everything you need. It's called Freecycle; just Google it and start saving. metro

#### **ECO-FRIENDLY BE**

**Queen of Green** LINDSAY COULTER



What do you recommend when it comes to shopping for an eco-friendly mattress? Nicole of Vancouver

mattress is a big purchase not to be taken lightly, given the number of



hours you'll use it, the years you'll need it to last and the cost. They're not all that easy to dispose of either.

Natural fibres are the best. Options for mattresses (and pillows and bedding) include wool, silk, hemp, organic cotton and natural latex. Avoiding synthetic fabrics and fibres derived from petrochemicals, like polyurethane foam, also eliminates concerns about off-gassing of volatile organic

compounds (VOCs).

Natural options mean you needn't lose sleep worrying about mites and fire resistance either! Conventional mattresses tackle these with chemical treatments and toxic compounds, but wool naturally repels dust mites and natural latex foam is fire-resistant.

Addressing mattress eco-friendliness wouldn't be complete without mentioning PBDEs. These are a group of synthetic chemicals added as fire retardants. PBDEs are not produced in Canada but are imported by manufacturers and in consumer products (e.g., televisions, furniture, carpets, and curtains). Mattresses made in Canada generally do not contain these flame retardants, but it is always good to ask. Also, you should avoid additives used to repel stains and water.





## Ethical purchasing

#### Study shows Canadians making informed decisions

When it comes to making a statement, Canadians are picking boycotts over protests and petitions.

More Canadians are buying or boycotting products for ethical reasons, while most other forms of civic engagement have stalled or waned, according to a new Statistics

Canada report.
The study released Tuesday suggests 27 per cent of Canadians chose or rejected products based on ethical concerns in 2008, up from 20 per cent in 2003.

The change is "quite substantial," particularly for such a short period of time, said the study's author, Martin Turcotte, a senior analyst specializing in social trends.

"There was an increase for almost every subgroup of society," meaning the trend isn't due to the aging population, Turcotte said Tuesday.

Meanwhile, the number of people who signed a petition, attended a public meeting or participated in a public march declined over the five years of the study. Signing a petition dropped to 24 per cent from 28 per cent, going to a meeting dropped to 19 per cent from 23 per cent and only three per cent reported protesting, down from five per cent.

Yves Plourde, a doctoral student at the Richard Ivey School of Business in London, Ont., thinks ethical buying is gaining popularity because it requires little

"I think people realize more and more that it's a cheap way to send a message to a company," said the 27-year-old, who studies how large corporations

THE CANADIAN PRESS

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## **Turning Point TERESA**

She stood in court staring into the eyes of her brother's killer. Annette Stan-wick had endured many months of anger and pain but as she read her victim impact statement, she faced a turning point in her life. It was at that moment that she decided to let go of her anger. When she told the convicted murderer that she forgave

## **FREEDOM IN**

him, she walked away a changed woman.

'When you forgive it doesn't change what has happened but it helps to release the negative emotions you hang on to."

Stanwick went on to write an award winning book called Forgiveness: The Mystery & Miracle, and now is a much sought after international public speaker. When she's not working as a VP at Gimbel Eye Centre in Calgary, she gives seminars and even speaks in prisons. nette is enjoying life to its fullest, even riding Harley





We can rise above them. Climb the mountain. The view from the top is amaz-

## Expanding your network



When it comes to landing a new gig, we all need a little help from our friends (and Facebook acquaintances). Marcia Heroux Pounds, author of I Found a Job! Career Advice from Job Hunters Who Landed on Their Feet, shares tips on how to network your way to a new

Get involved Look for networking groups that have a broader membership than those in career transition: ExecuNet, which has chapters across the country, is a group that executives, brings cruiters and business leaders together for discussion in person and online.

Leadership organizations can also be great. Toastmasters, which helps people become comfortable with public speaking, is a way to meet people from many different industries.

Volunteer your expertise

Use your knowledge in a field to help others. It can benefit you in your job search.

Employers want to hire people who are highly regarded in their fields. Volunteering provides the opportunity to build a reputation while making key contacts.

#### Be curious

As you're networking or just running errands, be aware of what's going on around you and ask ques-Curiosity usually

Alumni networks

leads to discovery, and that can mean meeting someone who will lead you to a potential job. If you're shy, asking people about their jobs, careers or interests can be a way to expand your network.

It's a small world, and with so many people in so many industries displaced in the recession, it's highly likely you will know people at potential employers.

Previous work experi-ence with someone on the inside can be a major advantage. @ METRO

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The term 'alumni' can apply to different groups: your

college, high school, sorority/fraternity or people you

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it, you've at least reconnected with a friend.

Alumni associations can provide a wealth of contacts and re-

sources for job-hunters. Have you caught up with a college

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visible minorities and/or people with disabilities are encouraged to apply

## For some, it takes two

Nicholas MacLeod knows that owning not one but two smartphones doesn't exactly win him many points in the cool department.

If anything, it just draws

strange looks and sarcastic remarks.

"I'd like to think I'm popular enough to have two phones but it's not the case," jokes MacLeod. 20, a web developer from Charlottetown who takes a BlackBerry Bold 9700 and iPhone 3G everywhere ĥе goes.

"The two of them do very different things and I've always said if someone could come up with an iBerry — that com-

bined all the features I like from each — I would be super happy and would have a need for just one. "There

"There are a lot of people who would settle for just taking the BlackBerry as it is, or the iPhone as it is. I just wasn't willing to do that."

Look

around on the bus, in malls and coffee shops and you'll occasionally see that relatively rare breed of tech enthusiast who jumps between phones to make calls, text, tweet or load

apps.
"I've been doing it for years and I see a lot of people that are, what I

call, 'double-fisting,'" said Nick Bontis, a professor at McMaster University in Hamilton, who carries a BlackBerry Torch and iPhone 4.

"It does look weird to people when you have one and you pull out another one but, in some cases, it's easier. Every day I'm using both at once."

Bontis said there are several reasons he and others use multiple phones, besides a fetish for the latest and greatest.

For one. he suggests people with workissued smartphones should rethinking twice about how appropriate it is to use them for personal reasons.

"A lot of people still don't realize that the organization owns your email

account and people, I think, often make mistakes when it's too late," he said. THE CANADIAN PRESS

## Teens unplugged

● A working mom takes her family off the grid for six months and lives to tell the tale ● Pens a memoir entitled The Winter of Our Disconnect



Susan Maushart lived out every parent's fantasy: She unplugged her teenagers.

For six months she took away the Internet, TV, iPods, cellphones and video games. The eerie glow of screens stopped lighting up the family room. Electronic devices no longer chirped through the night like "evil crickets." And she stopped carrying her iPhone into the bathroom.

The result of what she grandly calls "The Experiment" was more OMG than LOL — and nothing less than an immersion in RL (real life).

As Maushart explains in a book released in the U.S. this week called The Winter of Our Disconnect, she and her kids rediscovered small pleasures — like board games, books, lazy Sundays, old photos, family meals and listening to music together instead of everyone plugging into their own iPods.

Her son Bill, a video game and TV addict, filled his newfound spare time playing saxophone.

"He swapped Grand Theft Auto for the Charlie Parker songbook,"

#### The Experiment

The unplugging of Maushart's family began with drastic changes.

- Initially Maushart turned off the electricity completely for a few weeks candles instead of electric lights, no hot showers, food stored in a cooler of ice.
- Maushart's is a lifelong devotee of Henry David Thoreau's classic book Walden, which chronicled Thoreau's sojourn in solitude and self-sufficiency in a small cabin on a pond in the mid-1800s

Maushart wrote. Bill says The Experiment was merely a "trigger," and he would have found his way back to music eventually. Either way, he got so serious playing sax that when the gadget ban ended, he sold his game console and is now studying music in college.

Maushart's eldest, Anni, was less wired and more bookish than the others, so her transition in and out of The Experiment was the least dramatic. Her friends thought the ban was "cool." If she needed computers for schoolwork, she went to the library. Even now, she swears off Facebook from time to time, just for the heck of it.

Maushart's youngest daughter, Sussy, had the hardest time going off the grid. Maushart had decided to allow use of the Internet, TV and other electronics outside the home, and Sussy immediately took that option, taking her laptop and moving in with her dad — Maushart's ex-husband — for six weeks. Even after she returned to Maushart's home, she spent hours on a landline phone as a substitute for texts and Faceback.

But the electronic deprivation had an impact anyway: Sussy's grades improved substantially. Maushart wrote that her kids "awoke slowly from the state of cognitus interruptus that had characterized many of their waking hours to become more focused logical thinkers."

Maushart decided to unplug the family because the kids — ages 14, 15 and 18 when she started The Experiment — didn't just "use media," as she put it. They "inhabited" media. "They don't remember a time before email, or instant messaging, or Google," she wrote.

THE ASSOCIATED PRESS



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## Where a horse is not just a horse

What is it about girls and horses?

Whether raised as country or city girls there is something about the grace and elegance of the noble horse that tends to appeal to females of all ages.

They apparently are also excellent listeners.

Kayleigh was only 12 when she gave up on traditional counselling and started to break down.

"My Mom has depression and anxiety and I walked in on her trying to kill herself so that's pretty hard to deal with when you're about 10 years old. After that I kind of shut down," she said softly.

'So I went to Sue at 12, talking about my Mom. Then when I was 14 my "I couldn't have got through being a teenager without mv horse and I knew even as an adult my horse is what kept me sane."

SUE MACINTOSH

FOUNDER OF HEALING HOOVES parents were getting divorced and then it was, 'Now what?"'

"I'm perfect now," she

said with a giggle.
"Sue" is Sue McIntosh, who set up Healing Hooves near the tiny community of Cremona, northwest of Calgary, more than a decade ago and practises Equine Facilitated Wellness and Animal Assisted Therapy.

Since then more than a thousand troubled teens, most of them girls, have discovered that while it is next to impossible to talk about your demons - a horse can work wonders.

"I knew that horses had helped me as a teenager and I couldn't have got through being a teenager without my horse and I knew even as an adult my horse is what kept me sane," said McIntosh with a smile.

"I just wanted to share that with people and I was very interested in psychology and just wanted to help people.

About 60 per cent of the clientele are referrals from social services and the remainder from private



They all have one thing in common. They are looking for ways to deal with their personal problems that traditional counselling could not provide.

You sit there and they make you draw pictures or they ask you to try and identify things through toys. You don't want to be there anyway but you know you're there to talk but you don't want to talk,"

sighed Kayleigh.
"The minute I got on that horse I was a totally different person. It's quite amazing.

McIntosh said a laid-back approach and time spent with the horses can get her clients to open up. Often her approach is seen

as a "last resort" for kids who have had bad experiences with traditional counselling.

"We need to be letting someone take care of us. We need to be resting with someone who cares about us and who we trust. That peace seems to be missing from so many peoples lives

Tracey, 19, said the hors-"really calm creatures.

"If you spend a lot of time with them they'll learn to trust you and you can pretty well do anything you want," she said while sitting bareback on Sky, who was casually munching a wad of hay.

THE CANADIAN PRESS







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## Teacher's study makes a splash

• Ryerson professor links improper hand-washing to the spread of gastrointestinal problems in schools

A professor is advocating the importance of handwashing, and how it can go a long way toward keeping students healthy, after a study on preventing school-based gastrointestinal outbreaks was conducted.

Prof. Marilyn Lee, who teaches in Ryerson University's School of Occupational and Public Health, says that lack of handwashing and improper food handling are two of the major reasons for the spread of the uncomfortable symptoms associated with gastrointestinal upsets.

In the confined space of a classroom, gastrointestinal illnesses can spread quickly, Lee said in an interview from Guelph, Ont.

Lee is the lead author of A Review of Gastrointestinal Outbreaks in Schools:



Effective Infection Control Interventions. The study, in the December 2010 issue of the Journal of School Health, deals with food preparation in schools from kindergarten through university/college.

Typically, gastrointestinal illnesses are short-lived and their symptoms – cramps, fever, vomiting and diarrhea – don't require medical treatment. Some children, however, require hospitalization and even, in the case of E. coli contamination, can die from their condition.



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February 14 to March 11, 2011

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# sports

Quoted



#### "There's a lot of fake tough guys in this league and he's one of them."

KEVIN DURANT ON CHRIS
BOSH AFTER THE TWO HAD
AN ON-COURT ARGUMENT
YESTERDAY THAT LED TO A
TECHNICAL FOUL FOR
DURANT. DURANT SAYS HE
WAS UPSET BECAUSE BOSH
GOT INVOLVED IN HIS
CONVERSATION WITH A
TEAMMATE.

"I think he was telling Harden to dunk on me, or dunk the next one. I expressed that, 'No, he's not going to dunk that.' And he expressed, 'Yes, he is.' It just kind of went back and forth."

ON WHAT HAPPENED.



#### G'day at Open for Djokovic

Novak Djokovic gave his old friend Andy Murray a sympathetic hug and a few consoling words, then got on with the real celebrations.

Djokovic walked to the middle of the court, tossed his racket into the crowd, then stripped off his shirt and shoes and hurled them, too.

The 23-year-old Serb had plenty to celebrate after his 6-4, 6-2, 6-3 win over Murray in the Australian Open final vesterday. Djokovic's second Australian title made him only the fourth active player on the men's tour to win multiple majors. Rafael Nadal and Roger Federer have had a lock on the men's side, winning 21 of the previous 23, while Lleyton Hewitt has two titles — the last coming at Wimbledon in 2002.

"It's been a fantastic tournament for me," Djokovic said. "I don't want to fly up to the sky and say, 'I am the best,' or whatever. I cannot compare to Rafa and Roger's success."

He's the most successful player so far in 2011, though, and that's what counts right now.

"Certainly this will give me a lot of motivation for the continuation of the season, because to win a Grand Slam at the start of the season is the best start you can ask for," he said. "It means a world to me. I'm still 23. I still have a lot of time to go."

THE ASSOCIATED PRESS

Australian Open champion Kim Clijsters will move up one spot to No. 2. Caroline Wozniacki will hold onto the women's No. 1.



## Stars show off shinny skills

New player draft format creates buzz going into weekend, but fails to add life to game ◆ Chicago's Patrick Sharpe wins MVP with three points

Eric Staal and his Carolina Hurricanes teammates were unable to capitalize on home-ice advantage and the NHL's all-star game was unable to live up to the hype created by its new format.

The Hurricanes captain did his best by scoring twice yesterday, but Team Lidstrom walked away with an 11-10 victory.

There were no standout performances or real buzz moments — something that was in large supply during Friday's draft and Saturday's skills competition

Anze Kopitar and Danny Briere led the way for Team Lidstrom with two goals apiece. Dustin Byfuglien, Loui Eriksson, Matt Duchene, Steven Stamkos, Jonathan Toews, Marty St. Louis and Loui Eriksson each had one.

Staal and Kris Letang

each had two goals for Team Staal while Alex Ovechkin, Paul Stastny, Patrik Elias, Claude Giroux, Patrick Sharp and Rick Nash had the others.

The league went with a different format this year — putting the power in the hands of the players by having captains Staal and Nicklas Lidstrom select the teams.

As in years past, the intensity didn't pick up until

There were countless odd-man rushes and some nice goals, none more popular than the one Staal scored on a breakaway 3:49 into the third period to tie

the minutes wound down.

the game 7-7.

A goal by St. Louis at 13:54 put Team Lidstrom ahead 10-8 and Team Staal couldn't complete the comeback. Eriksson scored into an empty net.

THE CANADIAN PRESS

## Woods has 'work to do' after rough beginning

Tiger Woods began a new year with his worst season debut. Woods failed to birdie a par 5 for the second time this week and closed with a 3-over 75 yesterday in the Farmers Insurance Open, ending his five-tournament winning streak at Torrey Pines with a middle-of-the-pack finish.

"I have some work to

do," Woods said. "There's no doubt about that."

He had never finished out of the top 10 in the PGA Tour event at Torrey Pines.

Bubba Watson made clutch putts on the last two holes, including a 12-foot birdie on the par-5 18th for a 5-under 67 to win the tournament.

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#### Sports in brief

#### Curling delays CBC's all-star coverage

curling. Curling trumped NHL hockey, at least for a while yesterday. Mike McEwen edged Glenn Howard 5-4 in an extra end to capture the BDO Canadian Open. But the length of the final ran late, forcing CBC to delay its coverage of the NHL all-star game in Raleigh, N.C., by roughly 20 minutes.

"As it should," said Howard. "It's just an allstar game, it's really not that big a deal." THE CANADIAN PRESS

#### NHLers back Quebec team

NHL. Quebec City is the Canadian locale most deserving of an NHL team while both fighting and the instigator rule have a place in the game, according to a poll of the league's players.

THE CANADIAN PRESS



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ASTERN	CONF	ERENCE
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	GP	W	L	OTL	SL	GF	GΑ	Pts	Home	Away	Last 10	Strk
d-Philadelphia	50	33	12	2	3	174	130	71	16-7-0-2	17-5-2-1	8-2-0-0	W2
d-Tampa Bay	51	31	15	3	2	154	154	67	16-4-1-1	15-11-2-1	7-3-0-0	W5
d-Boston	50	28	15	2	5	152	112	63	13-9-1-2	15-6-1-3	7-3-0-0	W1
Pittsburgh	50	31	15	2	2	154	114	66	17-9-1-0	14-6-1-2	6-3-0-1	W2
Washington	51	27	15	5	4	140	129	63	16-5-2-4	11-10-3-0	4-3-2-1	L2
NY Rangers	52	29	20	2	1	148	126	61	12-11-1-1	17-9-1-0	5-5-0-0	L1
Montreal	50	27	18	4	1	130	123	59	16-6-3-1	11-12-1-0	6-2-1-1	L2
Atlanta	52	24	19	3	6	152	166	57	12-9-1-4	12-10-2-2	3-4-1-2	W1
Carolina	50	25	19	2	4	153	155	56	13-8-1-1	12-11-1-3	6-4-0-0	W2
Buffalo	49	23	21	5	0	137	144	51	11-12-1-0	12-9-4-0	7-3-0-0	W2
Florida	49	22	22	2	3	131	131	49	11-8-2-3	11-14-0-0	4-3-1-2	L1
Toronto	49	19	25	2	3	124	153	43	10-11-2-2	9-14-0-1	4-5-0-1	L3
Ottawa	50	17	25	5	3	108	160	42	9-14-2-2	8-11-3-1	1-6-1-2	L6
NY Islanders	49	15	27	3	4	119	162	37	8-12-1-3	7-15-2-1	2-7-0-1	L3
New Jersey	49	16	30	2	1	101	144	35	9-13-1-1	7-17-0-1	6-3-1-0	L1

#### WESTERN CONFERENCE

	UP	vv	-	UIL	3L	Ur	UA	PLS	nome	Awdy	rq2( TO	Suit
d-Vancouver	50	31	10	4	5	165	121	71	17-3-1-4	14-7-3-1	4-2-1-3	W2
d-Detroit	49	30	13	4	2	166	143	66	15-6-3-1	15-7-1-1	6-3-0-1	W1
d-Dallas	50	30	15	1	4	147	137	65	16-6-1-3	14-9-0-1	7-2-0-1	W1
Nashville	50	27	17	4	2	134	119	60	11-4-3-2	16-13-1-0	6-4-0-0	L2
Anaheim	52	28	20	2	2	140	146	60	17-7-0-1	11-13-2-1	7-3-0-0	W2
Phoenix	51	25	17	6	3	149	145	59	10-9-3-2	15-8-3-1	6-4-0-0	W1
Chicago	50	26	20	2	2	157	139	56	16-13-0-0	10-7-2-2	6-3-0-1	L2
Colorado	50	25	19	6	0	161	165	56	14-11-3-0	11-8-3-0	4-5-1-0	L1
San Jose	50	25	19	4	2	139	138	56	12-10-2-1	13-9-2-1	4-5-0-1	L1
Minnesota	49	25	19	1	4	130	134	55	11-11-0-2	14-8-1-2	6-4-0-0	W1
Los Angeles	50	27	22	1	0	143	124	55	17-9-1-0	10-13-0-0	5-5-0-0	W3
Calgary	51	24	21	2	4	144	152	54	14-9-0-1	10-12-2-2	6-1-1-2	W4
Columbus	49	23	21	3	2	130	152	51	12-11-0-1	11-10-3-1	3-5-1-1	L1
St. Louis	49	22	20	3	4	130	146	51	15-8-1-2	7-12-2-2	2-7-1-0	L4
Edmonton	49	15	26	1	7	122	168	38	7-13-1-3	8-13-1-3	2-7-0-1	L1

SI GE GA Die

 $\label{eq:def} \textbf{d}-\text{division leaders ranked 1-2-3 regardless of points; at earn winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.$ 

Ottawa at New Jersey, 7 p.m.

Pittsburgh at N.Y. Rangers, 7 p.m.

Montreal at Washington, 7 p.m

Boston at Carolina, 7 p.m. N.Y. Islanders at Atlanta, 7 p.m.

Phoenix at San Jose, 10 p.m.

N.Y. Islanders at Atlanta, 7 p.m. Chicago at Columbus, 7 p.m. Philadelphia at Tampa Bay, 7:30 p.m. Colorado at St. Louis, 8 p.m. Calgary at Nashville, 8 p.m. Los Angeles at Minnesota, 8 p.m. Vancouver at Dallas, 8:30 p.m.

Penalty — Ovechkin Sta (throwing object at puck) 6:13.

Missed penalty shot — Duchene Lid, 6:13.

(14-10), Hiller (start second, 17-15), Thomas (W)(start third, 15-11); Team Staal: Ward (14-

chances) — Team Lidstrom: 0-0: Team Staal: 0-1.

Referees — Tom Kowal, Kevin Pollock. Lines-men — Don Henderson, Darren Gibbs.

Att. — 18,680 (18,680) at Raleigh, N.C.

NHL ALL-STAR MVPS

(NOT AWARDED BEFORE 1962)

(NOT AWARDEN BEFORE 1992, (X-GOALTENDER) 2011 - Patrick Sharp, Chicago 2010 - Game Not Held (Olympics) 2009 - Alex Kovalev, Montreal 2008 - Eric Staal, Carolina 2007 - Dapiel Briere, Buffalo

2007 - Daniel Briere, Buffalo 2006 - Game Not Held (Olympics)

2005 - Game Not Held (lockout) 2004 - Joe Sakic, Colorado

2003 - Dany Heatley, Atlanta

2002 - Eric Daze, Chicago 2001 - Bill Guerin, Boston

Name Team Steven Stamkos Tampa Bay Sidney Crosby Pittsburgh Ryan Kesler Vancouver Daniel Sedin Vancouver Danny Briere Philadelphia

Patrick Sharp Chicago Corey Perry Anaheim Eric Staal Carolina

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GOAL SCORING

10), Price (start second, 16-13), Lundqvist (L)(start third, 14-11). Power plays (goals-

#### ALL-STAR WEEKEND

AR Raleigh, N.C. Yesterday's results All-Star Game Team Lidstrom 11 Team Staal 10 Saturday's result Skills Competition Team Staal def. Team Lidstrom, 33-22 Tonich's can

Tonight's game No Games Scheduled.

Tomorrow's games Florida at Toronto, 7 p.m.

#### TEAM LIDSTROM 11, TEAM

- First Period

  1. Team Staal, Ovechkin (Chara, Green) 0:50

  2. Team Staal, Stastny (Sharp, Backes) 2:48

  3. Team Staal, Elias (Stastny, Green) 3:20

  4. Team Staal, Giroux (Sharp, Backes) 5:41

  5. Team Lidstrom, Kopitar (Weber) 10:50

  6. Team Lidstrom, Byfuglien (Kane, Keith)

  13:17

  Taam Lidstrom 5 "

  Taam Lidstrom 5 "
- 7. Team Lidstrom, Eriksson (Toews) 16:07 8. Team Lidstrom, Duchene (Lidstrom, Weber) 16:30

#### Penalties — None.

Second Period

9. Team Staal, Sharp (Giroux) 1:18 10. Team Staal, Letang (D.Sedin, Ovechkin)

11. Team Lidstrom, Kopitar 2 (Eriksson, Havlat) 10:08 12. Team Lidstrom, Stamkos (St Louis, B.Richards) 14:11

13. Team Lidstrom, Briere (H.Sedin, Weber) 15:31

#### Penalties — None. Third Period

14 Team Staal F Staal (Perry Nash) 3:49 15. Team Staal, Letang 2 (Elias, Skinner) 8:46 16. Team Lidstrom, Briere 2 (H.Sedin, Weber)

10. Team Lidstrom, Toews (Eriksson, Havlat) 10:45 10:45 Team Lidstrom, St. Louis (Burns) 13:53 10 Team Staal, Nash (Perry, Chara) 15:11 Team Staal, Nash (Perry, Chara) 15:11
 Team Lidstrom, Eriksson 2 (Toews, Havlat)

21. Team Staal, E.Staal 2 (Boyle, Backes)

**GOLF** 

#### PGA FARMERS INSURANE OPEN At San Diego Par 72

Final Round Bubba Watson, \$1,044,000 Phil Mickelson, \$626,400 71-65-69-67-272 67-69-68-69-273 Dustin Johnson, \$336,400 69-69-71-66-275 Jhonattan Vegas, \$336,400 69-69-69-68-275 69-69-69-68-275
73-68-68-67-276
70-73-72-63-278
68-67-71-72-278
69-67-69-73-278
47-68-70-67-279
70-69-70-70-279
67-66-71-75-279
70-69-71-70-280
71-68-73-69-281
70-66-74-711-281 D.A. Points, \$232,000 Nick Watney, \$194,300 Anthony Kim, \$194,300 Hunter Mahan, \$194,300 Troy Matteson, \$150,800 Barantt Snedeker, \$150,800 Bill Mayarii, \$121,800 Charles Howell III, \$104,400 Revin Sutherland, \$104,400 Kevin Sutherland, \$104,400 Frendan Steele, \$87,000 D.A. Points, \$232,000 Kevin Sutherland, \$104,400 Brendan Steele, \$87,000 69-69-71-72—281 70-68-74-70—282 Tom Gillis, \$87,000 72-70-69-71-282 David Duval, \$87,000 70-70-71-71-282 72-71-71-69-283 Viiav Singh, \$65,192 72-71-71-69-283 69-70-72-72-283 72-69-71-71-283 71-71-69-72-283 65-71-73-74-283 68-72-73-71-284 72-70-72-70-284 67-69-73-75-284 Pat Perez, \$65,192 Joe Durant, \$65,192 Joe Durant, \$65,192 Spencer Levin, \$65,192 Rickie Fowler, \$65,192 Ben Martin, \$46,255 Justin Rose, \$46,255 Keegan Bradley, \$46,255 Fredrik Jacobson, \$46,255

#### **EUROPEAN PGA** VOLVO CHAMPIONS

Par 72 Final Round

67-67-66-68-268 66-67-67-69-269 68-65-69-67-269 70-64-69-67-270 69-67-69-66-271 64-71-68-69-272 67-69-71-67-274 72-68-67-67-274 68-65-71-70-274 Final Round
Paul Casey, England
Peter Hanson, Sweden
Miguel Angel Jimenez, Spain
Stephen Gallacher, Scotland
Robert Karlsson, Sweden
Johan Edfors, Sweden
Noh Seung-Yul, Korea
Alvaro Quiros, Spain
Richie Ramsay, Scotland
Edoardo Molinari, Italy Alexander Noren, Sweden Darren Clarke, N Ireland 67-70-67-70-274 69-65-67-73—274 67-70-72-66—275 Richard Green, Australia Thomas Aiken, South Africa 70-69-68-68-275 Todd Hamilton, United States 70-71-64-70-275 70-71-64-70-275 68-68-69-70-275 69-70-65-71-275 67-70-66-72-275 67-67-67-74-275 71-71-71-63-276 71-65-70-70-276 70-67-68-71-276 66-69-69-72-277 75-67-68-67-277 70-71-73-63-277 Anders Hansen, Denmark David Horsey, England Matteo Manassero, Italy Mattee Manassero, Italy James Kingston, South Africa Richard Finch, England Ricardo Gonzalez, Argentina Jose Manuel Lara, Spain Francesco Molinari, Italy Alejandro Canizares, Spain Tano Goya, Argentina Soren Kjeldsen, Denmark

#### Pablo Larrazabal, Spain Ian Poulter, England BOBSLED

#### WORLD CLIP

At St. Moritz, Switzerland

1. Latvia 1 (Edgars Maskalans, Daumants
Dreiskens, Ugis Zalims, Intars Dambis), two
minutes, 9.34 seconds (1:05.11-1:04.23); 2. Switzerland 2 (Beat Hefti, Roman Handschin Thomas Lamparter, Manuel Luethi), 2:09,36 (1:04.93-1:04.43); 3. Germany 1 (Manuel Machata, Richard Adjei, Andreas Bredau, Machata, Richard Adjei, Andreas Bredau, Christian Poses, 2,29 SO (120, 60-120, 40); Also: 9. Canada 1 (Lyndon Rush, Humboldt, Saske, Justin Wilkinson, Calgary; Cody Sorensen, Ottawa; Neville Wright, Edmonton) 2:10.14 (1:05.45-1:04.69) World Cup Four-Man Standings (Affec source of Jobb Augusts)

(After seven of eight events)

1. Manuel Machata, Germany, 1,461 points; 2. Steven Holcomb, U.S., 1,346; 3. Karl Angerer, Germany, 1,266; 4. Alexander Kasjanov, Russia, 1,216; 5. Alexsandr Zubkov, Russia, 1,195; 6. Lvndon Rush, Humboldt, Sask., 1.152; 7. o. Lyndon Kush, Humboldt, Sask., 1,152; 7. Edgars Maskalans, Latvia, 1,003; 8. Patrice Servelle, Monaco, 982; 9. Gregor Baumann, Switzerland, 978; 10. Simone Bertazzo, Italy, 968.

#### SOCCER

#### **ENGLAND**

#### FA CUP

Fourth Round
Yesterday's results
Arsenal 2 Huddersfield 1
Fulham 4 Tottenham 0
Notts County 1 Manchester City 1
West Ham 3 Nottingham Forest 2
Wolverhampton 0 Stoke 1

#### **FRANCE**

#### LIGUE 1

Yesterday's results Bordeaux 2 Nice 0 Monaco O Marseille O Nancy 1 Montpellier 2

#### **GERMANY**

#### RUNDESLIGA

Yesterday's results Eintracht Frankfurt 0 Borussia Moenchenglad Stuttgart 0 Freiburg 1

#### **ITALY**

#### SERIE A

Yesterday's results Brescia 0 Chievo Verona 3 Cagliari 2 Bari 1 Genoa 3 Parma 1 Inter Milan 3 Palermo 2

Juventus 1 Udinese 2 Lecce 1 Cesena 1 Napoli 4 Sampdoria 0 logna vs. AS Roma (ppd.)

#### **SCOTLAND**

#### LEAGUE CUP

Semifinal Yesterday's result Rangers 2 Motherwell 1

PREMIER LEAGUE **Yesterday's result** Dundee United 3 Hibernian 0

#### **SPAIN**

#### LA LIGA

Yesterday's results Atletico Madrid 0 Athletic Bilbao 2 Espanyol 0 Villarreal 1 Osasuna 1 Real Madrid 0

#### LACROSSE

66-71-70-70—277 72-69-68-68—277

#### EAST DIVISION

	GP	W	L Pct.	GF	GΑ	GB	
Toronto	5	4	1.800	62	50	_	
Philadelphia	5	3	2.600	46	45	1	
Buffalo	4	2	2.500	38	38	11/2	
Rochester	4	2	2.500	38	48	11/2	
Boston	6	3	3 .500	55	46	11/2	
WEST DIV	ISI0	N					

	GP	W	L Pct.	GF	GA	GB
Minnesota	4	3	1.750	46	37	_
Calgary	6	4	2 .667	71	69	_
Washington	5	2	3 .400	59	64	11/2
Colorado	4	1	3 .250	39	41	2
Edmonton	5	0	5.000	44	59	31/2
Week Four						

Saturday's results

Calgary 12 Edmonton 11 (OT) Toronto 8 Buffalo 5 Roston 16 Rochester 7 Boston 16 Rochester 7 Minnesota 11 Washington 10 (OT) Philadelphia 12 Colorado 11 Friday's results Calgary 15 Edmonton 11 Philadelphia 11 Boston 5

#### **TENNIS**

#### **AUSTRALIAN OPEN**

Novak Djokovic (3), Serbia, def. Andy Murray (5), Britain, 6-4, 6-2, 6-3. Doubles Mixed Championship

Katarina Srebotnik, Slovenia, and **Daniel Nestor (2), Toronto,** def. Chan Yung-jan, Taiwan, and Paul Hanley, Australia, 6-3, 3-6, 10-7 tiebreak.

#### SKIING

#### MEN'S SUPER-COMBINED

#### At Chamonix, France Yesterday's results (downhill run first, slalom second):

L. Ivica Kostelic, Croatia, 2 minutes, 57.12 seconds (2:02-47-54.65); 2. Natko Zrncic-Dim, Croatia, 2:57.63 (2:01.04-56.59); 3. Aksel Lund Svindal, Norway, 2:57.65 (2:00.05-57.60) Al 29. Benjamin Thomsen, Ivermere, B.C., 3:04.50 (2:03.01, 1:01.49).

World Cup Super-Combined Standings (After three of four events)

(Arter three of four events)

1. Ivica Kostelic, Creatia, 300 points; 2. Silvan Zurbriggen, Switzerland, 143; 3. Kjetil Jansrud, Norway, 132

Overall World Cup Standings
(After 25 events)

1. Ivica Kostelic, Croatia, 1,178 points; 2. Silvan Zurbriggen, Switzerland, 703; 3. Didler Cuche, Switzerland, 673

#### SKI JUMP At Willigen, Germany Large Hill

Large Hill

1. Severin Freund, Germany, 289.1 points
(143.5 metres-139.0 metres); 2. Martin Koch,
Austria, 286.9 (141.5-140.5); 3. Simon Ammann, Switzerland, 284.5 (143.0-140.5)
World Lup Standings

1. Thomas Morganstern, Austria, 1,434
points; 2. Simon Ammann, Switzerland, 1,013;
3. Andreas Kofler, Austria, 933

#### SPEEDSKATING

#### WORLD CUP

At Moscow Men 1,000 1. Stefan Groothuis, Netherlands, 1 minute, 08.22 seconds; 2. Denny Morrison, Fort St. John, B.C., 199.57; 3. Mikael Flying-Larsen, Norway, 120.65; 4. Aleksey Yesin, Russia, 1:09.82; 5. Mattee Anesi, Italy, 1:09.90; Also: 9. Philippe Ripoel, Lacheniae, Que., 1:10.18 World Cup 1,000 Standing.

World Cup J,000 Standings (After seven of eight races)
1. Stefan Groothus, Netherlands, 430; 2. Lee Kyou-hyuk, South Korea, 402; 3. Shani Davis, 5. Shani Davis, 5. Shani Davis, 5. Shani Davis, 5. Denny Morrison, Fort St. John, B.C., 291. Team Pursuit 1. Russia (Ivan Skobrev, Pavel Baynov, Alek-sandr Rumyantsev), 3:43, 71; 2. Norway (Havard Bokko, Mikael Flygind-Larsen, Sverre Lunde Pedersen), 3:46, 63; 46 sermany (Patrick Beckert, Marco Weber, Robert Lehmann), 3:47, 15; 4. Ganada, 3:47, 17 World Cup Team Pursuit Standings: 1. Norway, 270; 2. Russia, 250; 3. U.S., 232. 4. Canada, 220; 5. Germany, 174.

1. Christine Nesbitt, London, Ont., 1:15.59: 2. 1. Christine Nesbirt, London, Ont., 1215-29, Treen Wust, Netherlands, 1:15.94; 3. Heath Richardson, U.S., 1:16.18 Also: 7. Brittany Schussler, Winnipeg, 1:16.71 World Cup 1,000 Standings (After seven of eight races) 1. Heather Richardson, U.S., 560; 2. Christi Nesbirt, London, Ont., 500; 3. Nao Kodaira, Janan 3:29

Check our website for events: www.nuden.net

Japan, 339
Team Pursuit

1. Netherlands (Marrit Leenstra, Diane
Vallenburg, Ireen Wust), 3:01.13; 2. Norway
(Ida Njatun, Mari Hemmer, Hege Bokko),
3:03.02; 3. Germany (Stephanie Beckert, Isabell Ost, Jennifer Bay), 3:04.11; 4. Russia,
3:06.53; 8. Canada, 3:07.02
World Cup Team Pursuit Standings:

1. Netherlands, 3:00; 2. Germany 2:50; 3. Norway, 2:50; 4. Russia, 2:20; 5. Canada, 175.

#### **NBA**

#### EASTERN CONFERENCE

	W	L	Pct	GB
d-Boston	36	11	.766	_
d-Chicago	33	14	.702	3
d-Miami	33	14	.702	3
Orlando	31	17	.646	51/2
Atlanta	30	18	.625	61/2
New York	25	22	.532	11
Philadelphia	21	26	.447	15
Charlotte	20	26	.435	151/2
Milwaukee	19	26	.422	16
Indiana	17	27	.386	171/2
Detroit	17	31	.354	191/2
New Jersey	14	34	.292	221/2
Washington	13	33	.283	221/2
Toronto	13	35	.271	231/2
Cleveland	8	39	.170	28

#### WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	40	7	.851	_
d-L.A. Lakers	33	15	.688	71/2
Dallas	31	15	.674	81/2
New Orleans	31	17	.646	91/2
d-Oklahoma City	30	17	.638	10
Denver	28	19	.596	12
Utah	28	19	.596	12
Portland	25	22	.532	15
Memphis	24	24	.500	161/2
Phoenix	21	24	.467	18
Houston	22	27	.449	19
Golden State	19	27	.413	201/2
L.A. Clippers	18	28	.391	211/2
Sacramento	12	33	.267	27
Minnesota	11	36	.234	29

#### d-division leader

Yesterday's results Miami 108 Oklahoma City 103 Boston 109 L.A. Lakers 96 Orlando 103 Cleveland 87 Philadelphia 110 Denver 99 New York 124 Detroit 106 New Orleans at Phoenix

#### Utah at Golden State Saturday's results

Chicago 110 Indiana 89 Memphis 107 Washington 93 Minnesota 103 Toronto 87 Dallas 102 Atlanta 91 Milwaukee 91 New Jersey 81 San Antonio 108 Houston 95 Sacramento 102 New Orleans 96 L.A. Clippers 103 Charlotte 88

#### Tonight's games (All times Eastern)

Toronto at Indiana, 7 p.m Denver at New Jersey, 7 p.m. Cleveland at Miami 7:30 n m Orlando at Memphis, 8 p.m Washington at Dallas, 8:30 p.m. Charlotte at Utah, 9 p.m. Milwaukee at L.A. Clippers, 10:30 p.m.

Tomorrow's games
Washington at New Orleans, 8 p.m. San Antonio at Portland, 10 p.m. Boston at Sacramento, 10 p.m. Houston at L.A. Lakers, 10:30 p.m.

#### CURLING

#### **BDO CLASSIC CANADIAN OPEN**

At Oshawa, Ont. Yesterday's result

Championship Mike McEwen 5 Glenn Howard 4 (extra end)

#### NFL

#### PRO BOWL Last night's result All times Eastern

At Honolulu AFC vs. NFC SUPER BOWL XLV

Pittsburgh (AFC) vs. Green Bay (NFC), 6:30 p.m.



#### Crossword

11

18

33

41

50 51

56

59

29

#### 1 Humpty Dumpty, e.g. 4 Recede

7 Stroller 11 Let fall 13 Pitch

14 Emana-tion 15 Comical Carvey 16 Cassius Clay, now

17 Foot fraction 18 Follows orders 20 Lascivi-ous

22 Help 24 Under-stand 28 Self-indulgent

spender 32 Cohort of Brahma and Vishnu

33 Owl's call 34 Auction offer 36 Always

37 Draw a conclusion 39 Clothing fasteners 41 Villainous sort

43 Luau bowlful 44 Frog's cousin 46 - salts

50 Likely name for a poodle

53 Showbiz job 55 Otherwise

56 Hodge-podge 57 Deposit

58 Charac-terization 59 Singer Campbell 60 Shady tree

61 Stir-fry pan

1 Taro root 2 Snatch

3 Vanished 4 Greek vowel

28 Caprice 29 Top-notch

25 Bees' home

26 Finished 27 Fourth planet

23 Society newcomer

"I Love Lucy" sta

7 Bore an expense

6 Concise

8 Scoot

9 Curved line

10 - - jongg

19 Madam's

counterpart

21 Existed

12"Listen up!

31 Claiborne of fashion

13

16

23

42

57

60

20

39

45

24

43

54

32

40

46

55

58

➤ Yesterday's answer

19

38

17

26

48 49

12

35 Quick swim 38 — de Janeiro 40 "The Raven" writer 42 American bird

45 Rotary phone feature

47 Time-consuming 48 Norway's capital

49 Timid 50 Visibility hindrance 51 Under the weather

52 "Curse vou!" 54 Phys. ed. venue

#### Sudoku

			8	4			
	2	7	3	1	4	5	
	6	5			1	8	
			6	3			
3							7
			4	2			
	4	9			7	1	
	8	2	1	6	9	3	
			7	5			

#### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Today

Yesterday's answer ▶

-15°/-18°

Sunny

ь	9	2	8	5	1	3	4	1
8	5	3	4	7	9	6	1	2
4	1	7	2	6	3	9	8	5
2	4	6	5	3	7	1	9	8
9	8	5	1	4	2	7	3	6
3	7	1	9	8	6	5	2	4
1	6	8	7	9	4	2	5	3
5	3	9	6	2	8	4	7	1
7	2	4	3	1	5	8	6	9

-12°/-16°

Partly sunny

Tuesday

0 0 0 0 5 1 2 4 7

#### Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca My Dew Hunnie... We've been together for a 100 days now, and if this is what it's like to be in love you with you, then you have to be stay with me forever cause baby I loved every moment of it for the past 100 days. I love you, and I always will. FROM YOUR LAWYER S2

Melinda, Happy 7th wedding anniversary!! Hope that we stay 2gether 4ever. You're the sexiest wife ever & vou're always on my mind. Love your sexy smile and I enjoy being married to you Thanks for making me happy. Love Always & 4ever. MARC XOXO

Francesca, you are my light, my life, my everything! Thanks for supporting me through the rough times and for always being there for me! I love you and I can't imagine being with anyone else but you. Happy one month! Love, "CARL"

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#### Today's horoscope

T Aries March 21-April 20 The most important thing this coming week is that you do only what you are good at. No matter how many other things may be going on in the world, focus your attention on one thing only.

¥ Taurus April 21-May 21 Let other people have the last word today, especially on the work front where colleagues and employers are likely to be a bit argumentative.

II Gemini May 22-June 21 Others will go out of their way to pick holes in your arguments today - but that's okay because you'll simply ignore

G Cancer June 22-July 22 Re-

sist the temptation to look at the world you inhabit as a "bad" place - it's not. Some people can be very negative in their outlook but on every scale that matters the world is getting better by the day.

Ω Leo July 23-Aug.23 Check the small print before putting pen to paper today because someone could be trying to trick you into believing that you are getting a really good deal when, in fact, you will end up losing out.

TV Virgo Aug. 24- Sept. 22 Make sure that what someone is trying to get you interested in is worth the investment of time and energy you will be required to make.

← Libra Sept. 23-Oct. 23 Cosmic activity in your fellow Air sign of Aquarius will fill your head with big ideas over the next few days but not all of those ideas will be practical, so don't

get carried away.

M Scorpio oct. 24-Nov. 22 A friend or work colleague may be a bit hurtful in some of the things they say but don't take it to heart.

For today's crossword answers and for

expanded horoscopes, go to metronews.ca

→ Sagittarius

Nov. 23-Dec. 21 You have nothing to prove and everything to look forward to, so stop fretting that you are on the wrong track because you are heading in exactly the right direction.

り Capricorn Dec. 22-Jan. 20 You may be suspicious that

App Store

certain people are being supportive of you now, especially as they have been so negative in the recent past, but don't be too distrustful.

Aquarius Jan. 21-Feb. 18 Your current run of good fortune shows no signs of coming to an end. On the contrary, the closer you get to Thursday's new moon the more you will be convinced that you cannot possibly lose.

)-( Pisces Feb. 19-March 20 At this time of year more than most you tend to see enemies at every turn but few if any of them exist outside your imagination, so get a grip on yourself and start getting things done. SALLY BROMPTON

Caption contest



You WIN! write it! Write a funny cap

tion for the image to the right and send it to play@metronews.ca the winning caption will be published in tomorrow's Metro.





NEW Crossword and Sudoku updated daily.



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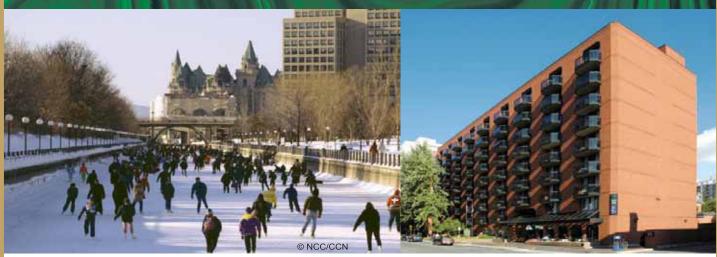
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